

Frozen Fruit Pops

O- 'Ohana goal (Why do the activity?) Family Goal

We all could use a treat once in a while! A quick, healthy, natural treat are fruits! Finding fruits in your yard, in your fridge, even in the freezer can all be used to make a cool refreshing treat any time of the year.

'AIKALIMA 'AU
Hawaiian word for POPSICLE



HUA'AI
Hawaiian word for FRUIT

Benefits:

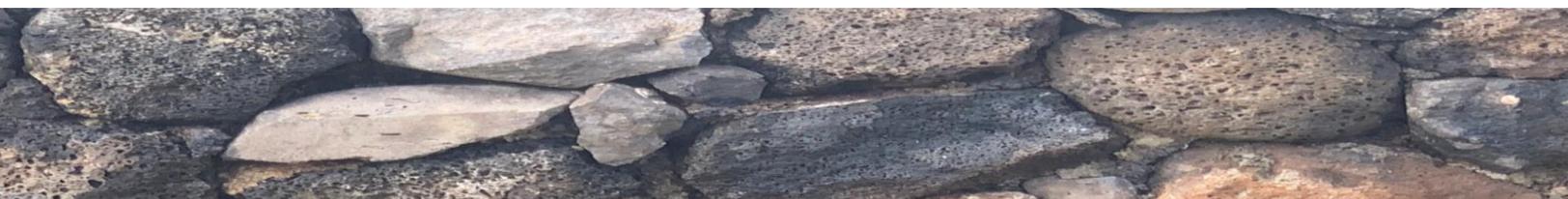
Finding time to cook with your family is a great way to make eating healthy a positive experience for all involved! Not to mention it promotes growth in the following ways:

- Healthy food practices: Modeling and experimenting with healthy food choices
- Cooking skills: New skillsets and experiences to be share
- Food recognition: Exposure to learning about different kinds of fruits (foods)
- Use of measurements & tools: Development of Math and motor skills
- Family discussions: Encourages time to tell and listen to mo'olelo (stories) and share recipes.

H- Ha'awina (Let's do the activity) Lesson, Assignment, Task

Materials Needed:

- Fresh or frozen fruits
- Freezer safe tray
- Sticks (popsicle or cake pop; skewers cut to size without the pointed end)
- Blender (Optional)
- Small cups or ice pop molds (Optional)
- Plastic wrap or parchment paper



Process:

1. Collect the fruit you would like to use for your fruit pops. Head to your fridge, out in your yard or even the local grocery store.
2. Decide if you prefer...to make a fruit pop using a mold or if you will use the whole fruit.
3. Prep your fruit by peeling, skinning or cutting to a manageable size. A size of approximately 4 inches in length or "cubed" works best.

4. **Popsicle mold:** Prepare your frozen fruit as you would if you were making a smoothie. Place the frozen fruit into a blender with some additional liquid like fruit juice or milk. Blend until it is smooth enough to pour. Then pour into your popsicle molds, cover them, and freeze.



5. **Whole fruit:** Make sure you have your popsicle sticks ready and prep



your tray by lining it with parchment paper. Select the fruit you are to use and slide the popsicle stick through the center of your fruit at the bottom. Push the stick approximately half way up the length of your fruit. For smaller or cubed fruits, place as many on the stick as desired leaving enough exposed stick at the bottom to hold for eating. Lay your fruit sticks on your tray, cover with plastic wrap, and freeze. NOTE: You may need a larger tray to lay out your whole fruit on sticks.

6. Make some room in the freezer! When placing the prepared fruit pops tray in the freezer be sure to allow enough time for them to freeze solid. (Approx. 4 hours)
7. NOW ENJOY! Invite family members to try one on a hot, sunny day or perhaps opt for a fruit pop after dinner for a healthy dessert alternative.

Tips:

Use fresh local fruit.

Freeze fruit before you blend your fruit. (No need ice!)

Use a liquid like almond or soy milk to make the fruit pop creamy and the blending easier.

Use a little honey to sweeten the blended fruit.

If you do not have a popsicle mold, you can use small plastic or disposable cups. Once filled cover the cups with some plastic wrap and poke the popsicle stick through the center in the top before freezing.



A-Alaka'i (What did you learn? What can you teach?) To Lead, Guide, Direct

Reflective Question(s):

- What's your favorite fruit?
- Is there a fruit you have heard of but have never tried? Would you want to try it?
- What fruits do you have access to without going to the store? Do you have fruit trees in your yard? Does your family? Perhaps there is a neighbor you know well that shares fruit with your family.



Extension Activities:

Save the seeds! Try to use the seeds to see if you could start a garden or fruit tree seedlings (baby trees).

Make a date to go to your local grocery store and purchase 2-3 new fruits you have not tried before. Bring them home and create a taste testing kitchen with your family. You may find your new favorite fruit!

Add this recipe to your 'Ohana Recipe Journal, another OHAna resource activity for you and your 'ohana.

Observe:

See if you can recall what kinds of fruits are available during the different seasons of the year.

Are there fruits that you associate with certain seasons or holidays?

Can you list the characteristics of the fruit or tree that tell you that the fruit is ready to eat?

